

You Are The One That I Want (我只要你) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Amy Yang (TW) - 2015年07月
音乐: You're the One That I Want - John Travolta & Olivia Newton-John : (iTunes)



Intro : 32 counts

Sec . 1: KICK BALL CHANGE (x2), FORWARD, PIVOT 1/2 TURN L, FORWARD SHUFFLE

1 & 2 Kick RF forward, Step RF in place, Step LF in place
3 & 4 Kick RF forward, Step RF in place, Step LF in place
5 - 6 Step RF forward, Pivot 1/2 turn L step weight on LF (06:00)
7 & 8 Step RF forward, Lock LF behind RF, Step RF forward
1 & 2 右足前踢, 併踏,左足併踏
3 & 4 右足前踢, 併踏,左足併踏
5 - 6 右足前踏, 左轉1/2重心左足踏 (06:00)
7 & 8 右足前進踏, 左足鎖於右足後, 右足前進踏

Sec . 2: KICK BALL CHANGE (x2), FORWARD, PIVOT 1/2 TURN L, FORWARD SHUFFLE

1 & 2 Kick LF forward, Step LF in place, Step RF in place
3 & 4 Kick LF forward, Step LF in place, Step RF in place
5 - 6 Step LF forward, Pivot 1/2 turn R step weight on RF(12:00)
7 & 8 Step LF forward,Lock RF behind LF, Step LF forward
1 & 2 左足前踢, 併踏,右足併踏
3 & 4 左足前踢, 併踏,右足併踏
5 - 6 左足前踏, 右轉1/2重心右足踏 (12:00)
7 & 8 左足前進踏, 右足鎖於左足後, 左足前進踏

Sec . 3: SIDE, RECOVER, BEHIND, SIDE, CROSS, SIDE, RECOVER, BEHIND, 1/4 TURN R, FORWARD

1 - 2 Step RF to R, Recover onto LF
3 & 4 Cross RF behind LF, Step LF to L, Cross RF over LF
5 - 6 Step LF to L, Recover onto RF
7 & 8 Cross LF behind RF, 1/4 turn R step on RF forward, Step LF forward (03:00)
1 - 2 右足右踏, 重心回左足
3 & 4 右足交叉左足後, 左足左踏, 右足交叉左足前
5 - 6 左足左踏, 重心回右足
7 & 8 左足交叉右足後, 右轉1/4右足前進踏, 左足前進踏 (03:00)

Sec. 4: SKATES, FORWARD SHUFFLE, FORWARD, RECOVER, COASTER

1 - 2 Skate RF forward, Skate LF forward
3 & 4 Step RF forward, Lock LF behind RF, Step RF forward
5 - 6 Step LF forward, Recover onto RF
7 & 8 Step LF back, Step RF beside LF, Step LF forward
1 - 2 右足向前滑步, 左足向前滑步
3 & 4 右足前進踏, 左足鎖於右足後, 右足前進踏
5 - 6 左足前踏, 重心回右足
7 & 8 左足退踏, 右足併踏左足旁, 左足前踏

Start again

Tags :

After walls 1 & 3, add tag 1 (8 counts) (facing 03:00 & 09:00)
加拍:跳完第一面牆以及第三面牆 , 加跳加拍1 (8拍)(面向03:00及09:00)
After walls 2 & 6, add tag 2 (4 counts) (both facing 06:00)
跳完第二面牆以及第六面牆 , 加跳加拍2 (4拍)(都是面向06:00)

Tag 1 : (8 counts)

ROCKING CHAIR, FORWARD, PIVOT 1/2 TURN, FORWARD, PIVOT 1/2 TURN

1 - 4 Step RF forward, Recover onto LF, Step RF back, Recover onto LF
5 - 8 Step RF forward, Pivot 1/2 turn L step on LF, Step RF forward, Pivot 1/2 turn L step on LF
1 - 4 右足前踏, 重心回左足, 右足退踏, 重心回左足
5 - 8 右足前踏, 左轉1/2, 左足踏, 右足前踏, 左轉1/2, 左足踏

Tag 2 : (4 counts)

ROCKING CHAIR

1 - 4 Step RF forward, Recover onto LF, Step RF back, Recover onto LF
1 - 4 右足前踏, 重心回左足, 右足退踏, 重心回左足

Have Fun & Happy Dancing!

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